



# Mishawaka Communicator



*Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.*

Dave Wood, Mayor

[www.mishawaka.in.gov](http://www.mishawaka.in.gov)

June 2017

## A Letter from Mayor Dave Wood



It never ceases to amaze me about the scale, scope and complexity of the many projects that the City of Mishawaka is able to complete successfully on an annual basis. I have seen our engineers and construction crews rip out every street in an entire sector of the City after school lets out for the summer, replace everything including sewers, water main, electric service, curb, sidewalk, streets and even the grass with near military precision all before school begins in late summer. It is gratifying when a major multi-million dollar project is completed and improves our city and services. But it is some of the smaller projects that I am most proud of that can make a profound impact on our beloved Princess City. One such project is the community garden that the City just constructed on Lincolnway West.

We have had a number of requests for community gardens over the past few years and we have been open to partnering with different churches, neighborhoods and organizations to assist. Most have had marginal success and were short lived for various reasons. Over time we learned what works to give them the maximum opportunity to succeed. The key is to have a great location, plenty of volunteers and of course, water!

Last year, we were looking at options for a small, highly visible parcel of land in our downtown. This Lincolnway property once held an old filling station turned auto repair shop turned junkyard. It became so blighted that the City acquired the property about ten years ago with the intent to remove the blight; addition by subtraction as I like to say. In 2010, the City reached an agreement to purchase the former brake shop/service station at 327 Lincolnway West. The site was then cleared in 2011.

The problem then became "what next?" The City is not in the property business, we typically do not like to acquire property and clean it only to maintain it and hold on to it in perpetuity. We like to turn it around and make it productive again with a viable use. Well, due to the size of this particular parcel, it had no viable commercial use, yet it sits on a prominent corner in the downtown. After

*(continued on next page)*

## Balance Your Workout — Part 1: Cardiovascular Exercise

*Health Information from Saint Joseph Health System*

When you get a balanced workout that targets your whole body, you can gain health and fitness benefits, as well as lose weight. With as little as 10 minutes of activity a day, you can achieve health benefits such as decreasing your risk of cardiovascular disease and osteoporosis. With 30 minutes a day of moderate activity (brisk walking, heavy cleaning, etc.) or 15 minutes a day of vigorous activity (jogging, tennis, etc.), you can achieve fitness benefits such as increasing stamina and strength. To lose weight, you'll need to exercise about an hour a day.

The type of exercise you do is important. In order to get a balanced workout, make sure to do cardiovascular, strength and flexibility exercises. This month, we'll cover cardiovascular exercise. The next two months, we'll cover strength and flexibility exercise.

To improve your cardiovascular health, you need to increase your heart rate and breathing. Aim for a "talking pace," which is enough to work up a sweat and still be able to converse with a friend. To be more precise, calculate your maximum heart rate. A rule of thumb is 220 minus your age (for age 60:  $220 - 60 = \text{maximum heart rate of } 160$ ). According to the National Heart Association, try to stay between 50 percent to 85 percent of your maximum heart rate. Check your pulse on the inside of your wrist, on the thumb side, using the tips of your first two fingers.

Cardiovascular exercise builds endurance, boosts HDL ("good") cholesterol, helps control blood pressure and strengthens your bones. To boost your cardiovascular health, try activities such as:

- Brisk walking, jogging, stair climbing or exercise on machines such as treadmills or elliptical trainers
- Sports such as tennis, bicycling, basketball, swimming or cross-country skiing
- Aerobics or step classes (you can do these at home using a DVD or online video)

Before you start any exercise program, make sure to talk to your primary care provider.

## UPCOMING EVENTS!

- Jun 9 Dinner & A Movie "Top Gun" (Battell Center)
- Jun 10 Movie in the Park "Moana" (Merrifield Park)
- Jun 16 Father/Daughter Sock Hop (Merrifield Park)
- Jun 28 Brunch/Classic Movie "Fiddler on the Roof" (Battell Center)
- July 1 Independence Day Celebration (Beutter/Central Park)
- Jul 14 Family Fun Night "Secret Life of Pets" (Battell Center)
- Jul 19 Kamm Island Fest (Kamm Island)
- Jul 21 Mother/Son Luau (Merrifield Park)



### INDEPENDENCE DAY CELEBRATION

**Saturday, July 1, 2017  
9am–11pm**

**Beutter Park • Central Park  
Kamm Island Park**

Featuring live music, food, kid's games and activities, a family fun run, arts & crafts vendors, local business vendors and spectacular fireworks!

Visit

<http://www.mishawaka.in.gov>

and click the banner on the right for more information.

### MERRIFIELD POOL HOURS

Lap Swim (M-F)	11a - 12p
Lap Swim (S-S)	11a - 1p
Mon - Fri	12p - 4p
	6p - 9p
Sat - Sun	1p - 8p

## A Letter from Mayor Dave Wood *(continued)*

brainstorming ideas with Mishawaka City Planner, Ken Prince, we came up with the concept of a community garden for the site. The small size of the property and location adjacent to the Mishawaka Food Pantry made a garden an ideal use of the property. We began to reach out for partners and develop a concept where a community garden would be run by the Mishawaka Food Pantry, staffed by volunteers and guests of the Pantry and all produce would go to feed the patrons of the pantry; our Mishawaka brethren most in need. We also wanted the garden to be a beautiful addition and a prominent gateway to the downtown.

In 2016, the City's Redevelopment Commission entered into an agreement with Penn Township who is the owner of the building that houses the Food Pantry. As part of the agreement, the City agreed to improve the property and upon completion, convey it to the township. Penn Township would provide for the perpetual maintenance of the garden as part of their agreement with the Mishawaka Food Pantry, who would then be responsible for operating the garden.

Thanks to an unseasonably warm February this year, construction crews were able to begin building the garden in order to have it complete for spring planting. Acorn Landscaping of South Bend was in charge of the construction and the beautiful design of the garden was by Pat Brown of SITESCAPES Inc, a Mishawaka based Landscape Architect. The funding for the \$142,000 project came from the City's consolidated Tax Increment Finance District.

The project includes 14 raised planting beds that will be used to provide fresh vegetables for the Food Pantry. The project also includes outside tables, a bike rack, decorative fencing, and plantings. Adding to the City's growing presence of art, the City purchased and installed a stainless steel sculpture from Mishawaka artist, Bob Bloss as part of the project. The sculpture was installed as a focal point at the corner of Hill and Lincolnway to symbolize the transformation of the space from a former brownfield to part of our growing and transforming downtown. I would like to thank the Art in Public Places committee chaired by "Mayor Emeritus" Bob Beutter for helping us secure the sculpture that was previously on display in Benton Harbor, MI.



The City of Mishawaka, in partnership with Penn Township, and the Mishawaka Food Pantry, was proud to inaugurate the garden with the first planting ceremony held on May 2nd. I am pleased to report that the Garden is lush with new plants and vegetables and we understand that Chef Hayden at the food pantry is eagerly awaiting harvest so that he can prepare some delectable new dishes for the guests of the Pantry.

I want to thank Doris Portolese and the Penn Township Board for their cooperation on this project. I also would like to thank Mike Hayes for his continued leadership of the Food Pantry which provides a vital service to those who are most in need. I think this garden represents the best of Mishawaka and is a shining example of what government and not for profit cooperation can do to serve our community. Please feel free to stop by the garden and see the good works of all who are volunteering and tending the gardens. If you are interested in volunteering in the garden or donating supplies for the garden, please contact Mike Hayes at the Mishawaka Food Pantry, (574) 220-6213.

*Mayor Dave Wood*

BEFORE



AFTER



## 2017 Summer Concert Series



### Battell Park Mondays 7:00-8:00 PM

6/5	The Whatevery Brothers
6/12	The Music Village Showcase
6/19	P. T. and the Cruisers
6/26	Jeff "Sinatra" Robinson
7/3	Jazz Assemblage
7/10	Michiana Concert Band
7/17	JT Buffett
7/24	Dick and Debbie
7/31	Eddie Knight Band

### Beutter Park Thursdays 6:30-8:30 PM

6/1	The Roosters
6/8	Van Dyke Revue
6/15	Bobby Lee Caldwell Band
6/22	Rick Clifford Band
6/29	Memberz Only
<b>SAT</b>	<b>Out By 8 -- FIREWORKS TO FOLLOW</b>
7/1	
7/6*	Memphis Underground
7/13*	Ground Control
<b>FRI</b>	<b>Notre Dame Shakespeare Festival -- "Twelfth Night"</b>
7/21*	
7/27*	Ginger and Her Baked Goods

### Eberhart Golf Course Fridays 6:00-7:30 PM

6/9	Paul Erdman Band
6/16	Michael Smith
6/23	Dazed and Confused
6/30	The Ember Jar
7/7	Marty Miles
7/14	HiFi2WiFi
7/21	Acoustic Justice
7/28	Rain Date / TBA

<http://mishawaka.in.gov/parks/summer-concert-series>

\* location subject to change due to construction

Send your questions, comments, or concerns to [communicator\\_feedback@mishawaka.in.gov](mailto:communicator_feedback@mishawaka.in.gov)